

## PHYSICAL DEMANDS ANALYSIS

<b>Name of Job:</b>	Warehouse Worker	<b>Employee Name:</b>	
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<b>General Task Description:</b>	Pick orders of feed products and pile on skids, load and unload trucks.
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<b>LEGEND</b>
0 – Never Performed
1 - Sometimes Performed
2 – Performed Occasionally (less than 1 hour per day)
3 -Frequent and/or repetitious (for 1 to 3 hours daily)
4 Maximum job requirements (Over 3 hours per day)

<b>ENVIRONMENT</b>
TEMPERATURE: Normal Non Air Conditioned Temperature change with weather conditions
LIGHTING: Normal
P/P/E REQUIRED: Hearing Protection Bump caps Steel toed footwear Safety glasses
PHYSICAL HAZARDS: Dust Forklift traffic Repetitive tasks Lifting Climbing Pellet Mills
OTHER

SITTING	Chair	0	1	2	3	4
STANDING		0	1	2	3	4
WALKING	Level Surface	0	1	2	3	4
	Uneven Surface	0	1	2	3	4
CLIMBING	Ladders	0	1	2	3	4
	Other	0	1	2	3	4
REACHING	Forward	0	1	2	3	4
	Overhead	0	1	2	3	4
BENDING	Stooping	0	1	2	3	4
	Crouching	0	1	2	3	4
	Kneeling	0	1	2	3	4
	Twisting	0	1	2	3	4
LIFTING	From ground level	0	1	2	3	4
	From waist level	0	1	2	3	4
	Above waist level	0	1	2	3	4
LIFTING REQUIREMENTS	Up to 10lbs	0	1	2	3	4
	10 to 25lbs	0	1	2	3	4
	25 to 50 lbs	0	1	2	3	4
	Over 50lbs	0	1	2	3	4
MOBILITY	Carrying	0	1	2	3	4
	Pushing	0	1	2	3	4
	Pulling	0	1	2	3	4
	Finger Dexterity	0	1	2	3	4
	Hand Grasping	0	1	2	3	4
CARRY, PUSH/PULL REQUIREMENTS	Up to 10lbs	0	1	2	3	4
	10 to 25lbs	0	1	2	3	4
	25 to 50 lbs	0	1	2	3	4
	Over 50lbs	0	1	2	3	4

<b>Types of machines, equipment, tools and work aids required to perform occupations:</b>	
Forklift, pallet jack, stretch wrapper	

<b>Vehicles or equipment driven at work:</b>	
Forklift	

<b>Repetitive motions required (@ wrist, shoulder, hip, knee, other):</b>	
Climb on and off forklift, repetitive lifting affecting elbows and shoulders	

Information provided by: L. Mann – Operations Manager, Cavan